

Relay

How the event unfolds

- Assign at least 1 zone judge to each zone.
- Each zone judge needs a white and a yellow flag or radio to communicate.
- Line teams up in their competing order in their lane at the start line.
- Send each group in order to their exchange zone instructing them to walk quickly to their exchange zone in their lane.
- Give a baton to the first athlete.
- When all athletes are in their zone and ready to race the zone judge raises a white flag or communicates by radio to show ready.

Start

1. To start the race the starter gives the instructions On your marks, set,... and then fires the gun.
2. A start is recalled (fired again) if an athlete leaves the start before the report of the gun.

Judging

- The exchange zone is 30 metres long and is marked by two arrowed lines.
- A baton exchange is valid if it takes place completely within the exchange zone.
- The exchange is complete when the baton is completely in the hand of the out-going runner.
- When judging only the position of the baton is considered and not the feet of the athletes.
- The baton may only be passed hand to hand. It must not be thrown.
- If the baton is dropped it must be retrieved by the athlete who dropped it and they must return to the spot on the track where they dropped the baton before continuing the race.
- If the judge sees an invalid baton pass or the team leaves the exchange zone before the baton pass is complete, they raise a yellow flag and the team is disqualified.

Finish

- The race is complete when the 4th athlete reaches the finish line.
- The 4th athlete must have the baton in their hand when they reach the finish line.

SAFETY

- Athletes should stay in their lane once they have passed the baton.
- Athletes must not cross the infield to get to their zone or return afterwards.
- Batons should be smooth and hollow with no sharp surfaces.
- Batons may never be thrown. Throwing a baton leads to disqualification of the team.